

**ABSTRACT OF THE DISCLOSURE:**

A plurality of sheet-like substrates infused by an aqueous self-tanning position is enclosed in a dispensing enclosure, from which they may be removed one at a time. The self-tanning composition adheres to each substrate while in the container, and transfers from the substrate when applied to the skin of a user. The aqueous self-tanning composition comprises 45% to 65% by weight of aqueous extract of Japanese green tea, 5% to 15% dihydroxyacetone, 5% to 25% ethylethoxydyglycol, 3% to 10% PPG-12-Buteth-16, 1% to 13% of a humectant, 0.05% to 0.5% of minerals, and other trace constituents such as an exfoliator, moisturizer, colorant, anti-oxidant, tanning accelerator, preservative, and sunscreen. The substrates are infused by being placed in a vacuum chamber in which they can be agitated and tumbled, and the ingredients are added in a specific order at specific temperatures, with tumbling and agitation following each step for a specific period of time.